



Shoreline

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CNIC

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Commander's Corner

Team CNIC,

Welcome back to *Shoreline*. I hope the first issue whet your appetite for more. I'd like to encourage you to be an active part of *Shoreline* – Please let us know what you would like to see.

I hope everyone had a great Memorial Day and enjoyed the long weekend. The holiday kicked off the summer season and I urge you to enjoy the great weather, but do it with safety in mind.

As this issue goes to “print,” we are getting ready for the first round of moves from other buildings in Washington, D.C., into CNIC Headquarters on the Washington Navy Yard. This is a GREAT thing; working together in one building will bind us even tighter as a team and give us the opportunity to work more effectively and efficiently.

In the middle of last month, I attended the closing ceremonies for the 2013 Warrior Games at the U.S. Air Force Academy in Colorado Springs, Colo. Navy made a strong showing -- our 35 athletes received 23 medals and placed third overall. Our own Wounded Warrior/Safe Harbor Program sponsored and supported our athletes. I met each of our 35 athletes and was humbled by the stories that led them to these Games. Although each was at a different phase of their treatment, recovery, or reintegration process, they were unified in their appreciation for what the Warrior Games and the Navy's Safe Harbor program has done for them. It was a great event and a clear reminder of how much our Wounded Warriors can accomplish and also of what CNIC provides them.

As we look ahead, I want to highlight the anniversary of the Battle of Midway. We'll commemorate the event this week with ceremonies around the Navy in every region, including one here at the Navy Memorial. Midway was a pivotal battle during World War II for our Navy and our Nation. We turned the tide in the Pacific, validated Naval air power, and stemmed the advance of Axis forces. Our Sailors demonstrated courage, determination, and ingenuity worthy of remembering and emulating as we accomplish our mission each day.

I know that the furlough is on many of your minds – civilian and military alike. Secretary of Defense Hagel announced his furlough decision in mid-May and CNIC issued furlough notices during the last week of May. Thankfully, the proposed number of days is less than originally anticipated, although I recognize this decision will create a significant financial burden for many. Furlough is a challenge and we recognize that. The Department of the Navy Human Resources Office is providing guidance and other sources that may be of assistance to you. Despite this challenge of furlough, I remain impressed and in awe of the steadfast dedication of every member of the CNIC enterprise and your willingness to selflessly serve and stay focused on our mission to support the Fleet, Fighter, and Family.

Sincerely,
Vice Adm. Bill French



Vice Adm. Bill French

COVER PHOTO

A Sailor from Strategic Communications Wing 1, joins a large group of TACAMO Sailors as they volunteer in support of recovery efforts in Moore, Okla. after a devastating EF5 tornado. Task Force 124 also known as TACAMO (Take Charge And Move Out) is located in the heartland of America at Tinker Air Force Base, Okla., and is responsible to Commander Naval Air Forces for manning, training and equipping the Navy squadrons responsible for Nuclear Command and Control Communications to the nation's nuclear triad mission. (U.S. Navy photo by MC1 Chris W. Delano/)

Start the Housing Search Early to Enjoy Your Summer

By N9 Housing

Summer is nearly here and Navy households all over the world are beginning to plan their summer moves. Along with swimming pools and summer vacations, a good portion of Sailors and their families are thinking about boxes, leases and moving trucks. If you are expecting a Permanent Change of Station (PCS) this year, questions about your future living arrangements have probably been on your mind.

There is a lot of research that goes into moving your family. In the Navy, Sailors have the added stress of knowing that a PCS is coming, but might not know where they'll be headed until the day they receive orders. This often leaves them and their families scrambling to find housing and get their move planned over the precious summer months.

Everyone has unique housing needs and wants, and depending on where you are moving to, your options may range from very limited to totally overwhelming. Housing decisions impact so much of a family's quality of life; where your kids will go to school, how long your commute will be, and whether or not it will strain family finances. That's a lot to consider, and the earlier you can compare what you need with what you can afford, the sooner you can start making decisions. Families need adequate time to research long before orders are in hand, and [Navy Housing](#) is here to help.

The professional staff at the [Navy Housing Service Center \(HSC\)](#) is available, for free, to every Sailor and their family, no matter where you live, no matter when you might be moving and whether you have orders or not. Our HSC staffs are local experts and have details about the neighborhoods, the cost of living, and all of the amenities their community has to offer.

If you know you are moving this summer, even if you don't have orders, here is a checklist of things you can do now to kick off your housing search:

- Contact your [local HSC](#) for help with terminating your current lease with your landlord or, if you own your home, explore pros and cons of selling or renting.
- Use Navy Housing's [Housing Early Application Tool \(HEAT\)](#) to gather information about the areas you might be moving to and to get your application for on-base housing started if desired.
- Visit Navy Housing's [Pinterest](#) and [YouTube](#) pages for photos, floor plans and video tours of housing.
- Leverage [Military OneSource](#), [Facebook](#), [Twitter](#), and the large online network of professionals, service members, and spouses who have been there before and are willing to give advice and answer all of your moving questions.

If you've had a child, gotten married, or other family changes, now is the best time to make sure all of your information is up-to-date in [DEERS](#). Your DEERS record is key to getting the right housing entitlements and services, and an accurate record before your move will ensure you receive the right services the moment you arrive.

We know that "hurry up and wait" is often part of moving with the Navy, and some of that can't be avoided. But Navy Housing is available when you're ready to get started on your home search, even if that's before you have orders, so you can spend less of your summer planning your move and more time actually enjoying your summer.



From the *Force*

Team,

I want to thank you for all the hard work you do every day to connect our talents with Fleet, Fighter and Family!! I've been in the seat for seven months now, and I haven't met an employee at HQ/Region/Installation that isn't concerned about the customer and ensuring we deliver – which is particularly challenging in our current fiscal environment.

It's not easy to capture in a short article all the activities we do in one month and look ahead to the month we're entering. Since the beginning of CNIC almost 10 years ago, the Staff has not worked in the same building or geographical area. So I am excited to report that beginning this week, our building will start to come alive with our folks from different buildings around the DC area! While our whole family won't be

here, this will certainly provide a new level of synergy with an already fantastic team!

A little newer to the CNIC team, but not to Navy, is the Navy Safe Harbor – Wounded Warrior team. Last month, I attended the Warrior Games, and I couldn't have been more proud of our athletes! I was humbled to place the Silver Medal around MN1 Linda Simpson's neck not only once, but two times for swimming events. She lost her left leg above her knee following a motorcycle accident in 2011, but the Safe Harbor adaptive athletics program and a supporting family have kept her competitive spirit in check! For all of the athletes, it was obvious to me of their pride in continuing to represent the Navy in uniform.

During the month of May, Washington, DC, begins to see a different crowd at the memorials each day – our veterans. Veterans that are flown here through the Honor Flight Network

program from across America for just one day to visit their memorials - World War II, Vietnam, Korean, Iwo Jima, and to Arlington National



Cemetery to observe the Changing of the Guard. The group that I observed at the World War II Memorial dressed in polo shirts the color of the campaign in which they served. I noted that there were only four blue shirts in one group – those were the WWII veterans. With the Battle of Midway commemoration this week, please take an opportunity to attend and be wowed by these great, few veterans that remain.

Be safe this summer in all that you do!

Summer Safety : A Concern For All

Summer Focus Areas

- Personal Motor Vehicle
- Alcohol Awareness
- Water Safety
- Sexual Assault
- Suicide Awareness



Reporting crimes to NCIS

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Navy Region Southeast Prepares for Hurricane Season

By Mass Communication Specialist 1st Class (SW) Greg Johnson, Navy Region Southeast Public Affairs

Navy Region Southeast completed participation in the annual hurricane preparedness exercise HURREX/Citadel Gale 2013 on May 23. The U.S. Fleet Forces Command/Commander, Navy Installations Command exercise tested the region's ability to track, prepare for and respond to hurricanes should they threaten installations in the Southeast.

"In the Southeast Region, it's not a matter of 'if' a hurricane will strike, it's a matter of 'when' and 'where.' Of our 17 installations, 14 are located in a coastal location, so it is imperative that we conduct exercises like HURREX," said Rear Adm. John C. Scorby Jr., commander, Navy Region South-

east. "Since last year's HURREX, we have had five named storms impact our region, so it is imperative that we train so we are ready when they strike."

Each year, this exercise gives us an excellent opportunity to test our skills through authentic, challenging scenarios that go a long way to ensure we are ready in the event of an actual hurricane," Scorby added.

A number of major storms have affected installations throughout the region in recent years. Anyone on board Joint Reserve Base New Orleans in 2005 would remember the damage caused by Katrina. More recently, Hurricane Sandy made landfall just west of Naval Station (NS) Guantanamo Bay last year before moving toward the northeast.

During this year's HURREX scenario, the NRSE Crisis Action Team (CAT) tracked two fictitious hurri-

canes, Kirk and Lay, from the Regional Operations Center on board Naval Air Station (NAS) Jacksonville. Kirk crossed over NS Guantanamo Bay and eventually made landfall as a category two hurricane near the Georgia-South Carolina border, and Lay made landfall as a category four hurricane near NAS Pensacola.

The CAT consists of nearly 50 personnel, each with specific roles ranging from planning and logistics to family support services. In addition to the CAT, the region also deploys a Contingency Engineering Response Team (CERT)/ Damage Assessment Team (DAT), led by Naval Facilities Engineering Command, which assesses damage after the storm, as well as an Emergency Family Assistance Center, which provides support to families. Throughout HURREX, these teams coordinated their efforts with local authorities and civilian agencies as they would in the event of a real hurricane.

"HURREX is essential training," said Scott Crossley, NRSE regional emergency manager. "We get lots of tropical storms, but as often as we get landfall, we still see far too many casualties from people forgetting some of the lessons we've learned in the past. We've learned that too many injuries occur, even with lesser storms, after the storm has passed because people are trying to drive through flooded roads or trying to repair storm damage. By doing these exercises, it helps reinforce the message that this is a real hazard."

During an actual storm, NRSE
See HURREX pg. 8.



Members of the Jacksonville media interview Rear Adm. John C. Scorby Jr. during HURREX/Citadel Gale 2013 on board NAS Jacksonville, Fla. The U.S. Fleet Forces Command/CNIC hurricane preparedness exercise ran from May 13-23. (U.S. Navy photo by MC1 Greg Johnson)

Team Navy Celebrates at 2013 Warrior Games Closing

By Navy Wounded Warrior - Safe Harbor Public Affairs

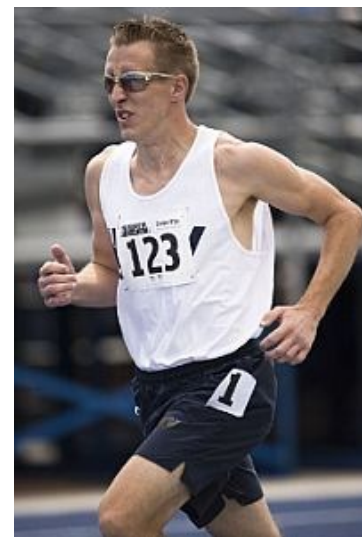
Members of Team Navy joined with their competitors - as well as family and friends - to commemorate the successful conclusion of the 2013 Warrior Games May 16 at the U.S. Air Force Academy in Colorado Spring, Colo.



"Congratulations to all of the 2013 Warrior Games competitors," said Charlie Huebner, chief of Paralympics for the United States Olympic Committee, while addressing the crowd at Closing Ceremonies. "While we celebrate medals, this competition is really an example of how sport can change lives. We hope these service members and veterans don't stop here. The goal is for them to return home and get involved in sport programs in their communities."

Team Navy earned a total of 23 medals at the 2013 Warrior Games, including eight gold, five silver and 10 bronze medals. Team Navy achieved third place in the final team standings; it was bested by Team Army and Team Marines, which received the Warrior Games Chairman's Cup for the fourth consecutive year.

This was a ground-breaking year for Team Navy. The team had more female competitors than ever before, including its first-ever female Ultimate Champion contender, Navy Chief Gunner's Mate Jeannette Tarqueno. Also, for the first time since the inception of the Warrior Games, a female won a gold medal in a shooting event - Team Navy's



Lt. j.g. Laura Root.

Team Navy also took home more gold medals than ever before in field events, throwing several lifetime-bests during the track and field competition.

"Our wounded warrior athletes demonstrated amazing skill, perseverance and heart," said Navy Lt. Megan Haydel, who coordinates the Navy Wounded Warrior (NWW) - Safe Harbor adaptive athletics program. "They have really grown as a team, and they made a lot of wonderful memories and friendships during the Warrior



Games this year."

More than 200 wounded service members from the U.S. and the U.K. participated in the Warrior Games, which were presented by Deloitte and hosted by the U.S. Olympic Committee. The teams include Air Force, Army, Marines, Navy, Special Operations and the U.K. Armed Forces.

Team Navy is sponsored by Navy Wounded Warrior (NWW) - Safe Harbor, the Navy and Coast Guard's wounded warrior support program. The team members have upper-body and/or lower-body injuries, spinal cord injuries, traumatic brain injuries, visual impairments, serious illnesses, and/or post-traumatic stress.



“HURREX” cont. fm page 5.

personnel coordinate with Fleet Weather Center Norfolk to track potential hurricanes and tropical storms from the beginning stages of the weather system.

“We are blessed to have a very good working relationship with the Fleet Weather Center,” Crossley said. “We watch tropical weather year round, but as we approach the hurricane season, we really start watching closely. The public will start seeing hurricane alerts and warnings from the National Hurricane Center once a tropical storm is established, but for us, we have to see it as soon as it happens so we can get moving. A storm can pop up with little notice.”

Once a tropical storm is identified, its course and intensity are monitored. As the storm approaches an installation, the CAT must decide what actions to take based on a variety of factors, Crossley said.

The Navy classifies storms in terms of Conditions of Readiness (COR), which indicate the proximity of a storm and the likelihood that it will hit a given installation. At the beginning of the hurricane season, each installation is set to COR Five. As storms approach, that condition will change at an installation based on when destructive winds are projected to hit. Installations set COR Four when onset of destructive force winds is within 72 hours, COR Three at 48 hours, COR Two at 24 hours and COR One at 12 hours.

Once a storm is projected to make landfall at an installation, the decision must be made to evacuate or shelter in place. That decision is made based on a number of factors related to the intensity of the storm,

Crossley said.

“We look at things like the maximum forecasted wind. That’s the initial criteria to estimate what the impact will be on people and missions,” he said. “But the thing we are most concerned about, especially for coastal installations, is storm surge and water.”

According to Crossley, it is essential for both personnel and dependents to be aware of advisories and instructions as a storm approaches. “One of the objectives of HURREX for the installations is to ensure that not only the Sailors, but all of the residents on an installation are plugged into the hurricane process,” he said.

“That means being aware of how to muster if evacuated, which varies from command to command. Also, making sure you have your wallet card from your command that has the number for you to call.”

In addition, installations will also communicate through their command web pages and social media, so residents can look to these sources for the latest information, Crossley said.

Once a storm passes, the CAT shifts its focus to providing whatever kind of support is needed to get the installation running at full capacity based on reports from the CERT and DAT.

“The first step is a health and welfare check to make sure that everyone is safe and accounted for,” Crossley said. “Step two is initial damage assessment of the installation. We need to ensure we have maintained command and control capability and find out if the installation utilities are still functioning or if they are affected to some degree. We try to start with mission-critical facilities, utilities and fleet support requirements and we go on from there

According to Crossley, one of the

most important things for people to keep in mind about the hurricane process is to be prepared for a storm well before it even happens.

“As the regional emergency manager, clearly our focus is regional planning and installation planning, but none of that works if the Sailors and individuals don’t have a family plan. You have to prepare as a person and as a family. If your family or you are not prepared, you’re not going to be able to be part of the team’s supporting response.”

Some important preparations include ensuring important documents are in a safe location, making sure family members have contact information in case of an evacuation, making sure prescription medications are readily available, and ensuring that any special need family members can be properly taken care of, Crossley said.

According to Crossley, if a hurricane hits an installation and residents are not evacuated, they should be prepared to operate independently for a period of three to five days, which would include a gallon of water per person per day and food that does not require refrigeration. Residents should also expect to be without electricity and should make sure they have flashlights and batteries, he added.

The National Hurricane Center reports an average of more than 10 named storms in the Atlantic Ocean each year. Of those, nearly six develop into hurricanes and many of them threaten to make landfall somewhere in the Southeast Region.

For more information about tropical storm and hurricane preparedness, visit <https://www.cnic.navy.mil/cnrse/RegionOperationsandServices/OperationsandManagement/EmergencyManagement/index.htm>.



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Oklahoma Sailors Continue Recovery Efforts, Aid Community

By Navy Region Midwest Public Affairs

Sailors assigned to the Navy's Take Charge and Move Out (TACAMO) located at Tinker Air Force Base (AFB) in Okla., are still recovering from the massive, 1.5-mile-wide, EF-5 tornado that tore through Moore, Okla., May 20. In its path, the tornado left 24 dead, hundreds injured and thousands of homes destroyed.

Currently, there are 36 Sailors (including family members) displaced as a result of the tornado. These Sailors either lost their homes completely or were not able to return to their homes due to extensive damage. The

Sailors affected at TACAMO are attached to Strategic Communications Wing One (SCW-1), the SCW-1 Weapons and Tactics Unit (WTU) and Fleet Air Reconnaissance Squadrons (VQ) Three, Four and Seven.

Since last week, U.S. Northern Command has been coordinating Department of Defense-provided support to the Federal Emergency Management Agency and state and local response activities in response to the tornado-devastated areas in Oklahoma.

Shortly after the deadly tornado struck in Moore, TACAMO Sailors, alongside Airmen from Tinker AFB stirred into action, volunteering their assistance to state agencies, residents and the Oklahoma National Guard. Personnel attached to Tinker helped clear debris caused by the storm and assisted in accounting for the whereabouts of all military personnel and their families. Additionally, many Sailors and Airmen answered the call to assist fellow citizens in community.

Seabees from SCW-1's Operations Department participated in rescue efforts last week. Other TACAMO Sailors joined together to sup-



Heather Heppler, a TACAMO spouse, assists Sailors as they volunteer in support of recovery efforts in Moore, Okla., after a devastating EF5 tornado. Task Force 124, also known as TACAMO (Take Charge And Move Out), is located in the heartland of America at Tinker Air Force Base, Okla., and is responsible for manning, training and equipping the Navy squadrons responsible for Nuclear Command and Control Communications to the nation's nuclear triad mission. (Photo by Mass Communication Specialist 1st Class Chris W. Delano/Released)

port recovery efforts in the community, sifting through rubble and moving shingles, two-by-fours, bricks and other debris to help citizens recover what was left of their valuables.

Recovery efforts are expected to continue for some time, and TACAMO Sailors will continue volunteering their time to aid their community.



AT1 Darren Heppler, a Sailor from Strategic Communications Wing 1, joins a large group of TACAMO Sailors as they volunteer in support of recovery efforts in Moore, Okla., after a devastating EF5 tornado. Task Force 124, also known as TACAMO (Take Charge And Move Out) is located in the heartland of America at Tinker Air Force Base, Okla., and is responsible for manning, training and equipping the Navy squadrons responsible for Nuclear Command and Control Communications to the nation's nuclear triad mission. (U.S. Navy photo by Mass Communication Specialist 1st Class Chris W. Delano/Released)

Don't Be Blown Away This Hurricane Season – Be Hurricane Ready

All Navy personnel and families are encouraged to take steps now to prepare for what is predicted to be an above average 2013 hurricane season. Officially, the Pacific hurricane season runs May 15 to November 30, and the Atlantic season runs from June 1 to November 30; but hurricanes can happen at any time with unpredictable direction and intensity, despite some advance warning. Being prepared increases your chances of safeguarding your family and property. Don't be blown away this hurricane season. Follow the tips below and Be Ready Navy.

- Tip #1:** Understand the terminology and categorization of hurricanes:
- Hurricane/Tropical Storm Watch**—Hurricane/tropical storm conditions are possible within 48 hours in specified areas. Stay tuned to radio or TV for further information.
 - Hurricane/Tropical Storm Warning**—Hurricane/tropical storm conditions are expected somewhere in the specified area within 36 hours.
 - Category 1** - Winds 74–95 mph, storm surge 4–5 feet, minimal damage to plants and signs.
 - Category 2** - Winds 96–110 mph, storm surge 6–8 feet, some flooding, minimal damage to mobile homes, roofs, and small crafts.
 - Category 3** - Winds 111–129 mph, storm surge 9–12 feet, extensive damage to small buildings and low-lying roofs.
 - Category 4** -Winds 130–156 mph, storm surge 13–18 feet, extreme damage with destroyed roofs and mobile homes, downed trees, blocked roads, and flooded homes.
 - Category 5** -Winds exceeding 157 mph, storm surge more than 18 feet, catastrophic damage destroying most buildings and vegetation, cutting off major roads and flooding homes.
- Tip #2:** Be and stay informed before, during, and after a storm.
- Tip #3:** Make a plan so every member of the family understands what to do, where to go, and what to take if a hurricane is predicted in your area. Be sure to learn and include community evacuation routes and an out-of-town contact everyone can call if separated.
- Tip #4:** Build an emergency supply kit with enough water, non-perishable food, medicine, and supplies for every family member to survive at least three days.
- Tip #5:** Secure your home by closing the storm shutters and bringing outdoor furniture inside.
- Tip #6:** Never ignore an evacuation order. If told to evacuate, do it immediately and take only essential items and your emergency kit; disconnect all appliances; and turn off gas, electricity, and water.
- Tip #7:** If you are not told to evacuate, stay away from windows and doors by seeking shelter in a bathroom or basement.

Are you Hurricane Ready? We are!

For more information on how to prepare for a hurricane, visit <http://www.ready.navy.mil/BeInformed/NaturalHazards/Hurricane/index.htm>. Ready Navy is a CNIC- sponsored emergency preparedness program. Follow us @ReadyNavy.



Navy Fitness: Making Fitness and Nutrition Accessible at the Palm of Your Hand

By Navy Fitness Staff

Still using that old green wheel book to log your workouts and meals? It's time for an upgrade. Navy Fitness has developed the Navy Operational Fitness and Fueling System (NOFFS) iPhone app and will soon release iPad and Android mobile to meet the workout and nutrition needs of Sailors worldwide. The apps provide not only detailed workouts, but also a meal builder to assist with meeting your fitness and nutrition goals. Whether you're on a submarine, large deck, small deck, or at a shore command, NOFFS workouts were designed specifically for each operational platform. The complimentary meal builder aids you with selecting right kind and quantity of food to meet your personal goal.

The NOFFS app not only provides a detailed overview of this "world class" system designed and developed with the Sailor's needs in mind, but it provides multiple resources to make your workout and meal building quick and simple.

Features of the NOFFS app include:

~Movement Library : Every movement used in the NOFFS workouts can be found in the library. Pictures and videos of the execution of each movement are included to help you through the workouts and fully master the exercises.

~Routines: Do you ever get tired of mindlessly searching for new workouts? The NOFFS app provides a series of workouts to meet your specific needs. Select the series appropriate for you and then using the "toggle", adjust your specific parameters (i.e. workout duration, operational platform, available equipment). Hit done and there it is...your NOFFS workout at your fingertips.

~Fueling: Tired of trying to find the right nutrition strategy to meet your goals? The forthcoming app updates keep it simple for you. The meal builder will allow you to choose your own foods from a list of options and ensures adequate distribution of calories and nutrients for each meal. Whether your goal is to lose weight, gain weight, or maintain; the meal builder provides the optimal nutrition plan for specific weight ranges and training goals. One of the planned new features will allow you to email your meal plan to yourself for more efficient tracking.

The NOFFS app for the iPhone and iTouch is currently available in the App store for FREE. Once it's downloaded, connectivity is not required for use. Whether you're deployed, at a local park, or in the fitness facility, you can access your workouts and meal plans anywhere. The updated meal builder and the new Android and iPad apps will be released this summer. Stay tuned at www.navyfitness.org/noffs.



CNIC Unveils New Website

By CNIC Public Affairs

Spring means new life and new freshness and gives us hope for the future. With that sentiment in mind CNIC HQ PAO, in a partnership with HQ N6, is proud to launch the new CNIC website, or web content management (WCM) system. An Adobe platform, the new WCM will allow CNIC to dynamically manage web content across public and private facing websites, including the Gateway 2.0 (G2), provide a composite content application platform for rapidly deploying Adobe's Customer Experience Solutions, and gives us the ability to build custom applications across the entire CNIC enterprise.

For most CNIC enterprise employees this makes it easier to find information, especially when searching within the site; a cleaner more efficient look and feel; and with better editing abilities for the content managers more up-to-date information and news items. The site's address remains the same at www.cnic.navy.mil and look for more changes to the site as we continue to improve the customer experience. Also, we'd love to hear your feedback - email CNIC HQ PAO at cnicpa@navy.mil with thoughts and suggestions.